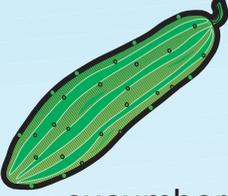
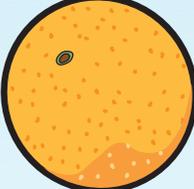
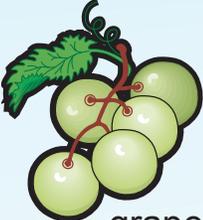
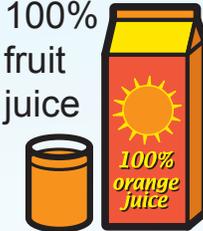
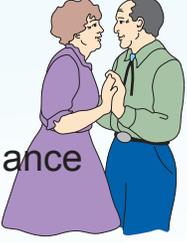
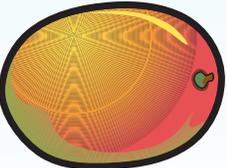
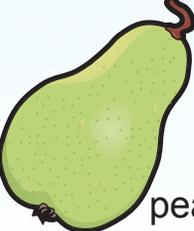
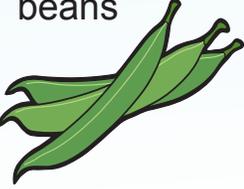


Pick a better snack™ &



January Bingo

www.idph.state.ia.us/pickabetersnack

 <p>walk</p>	 <p>pepper</p>	 <p>tai chi</p>	 <p>applesauce</p>	 <p>cucumber</p>
 <p>shovel</p>	 <p>step</p>	 <p>stretch</p>	 <p>orange</p>	 <p>walk Mall</p>
 <p>canned vegetables</p>	 <p>bike</p>	 <p>you choose</p>	 <p>step</p>	 <p>grapes</p>
 <p>broccoli</p>	 <p>lift</p>	 <p>banana</p>	 <p>100% fruit juice</p>	 <p>carrots</p>
 <p>dance</p>	 <p>mango</p>	 <p>pear</p>	 <p>walk</p>	 <p>beans</p>

Printed with funds from USA's Supplemental Nutrition Assistance Program, an equal opportunity provider and employer, in collaboration with the Department of Health's Iowa Nutrition Network. To find out more about Iowa's Food Assistance Program, go to www.yesfood.iowa.gov or contact your local county Department of Human Services office. Call 2-1-1 to find out how to contact your local office.

Iowa Department of Elder Affairs
Iowa Department of Public Health



This bingo activity encourages you to enjoy a variety of fruits and vegetables and physical activity. Complete the Pick a **better** snack™ & Act card by putting an "X" through the square of fruits, vegetables, or physical activity you have tried. A "BINGO" is completed when you have a line diagonally, horizontally or vertically.



Get more...because more matters

Fruits and veggies provide the unrivaled combination of great taste, nutrition and abundant variety. With all the great choices available, incorporating fruits and veggies into your day is easy!

Go to fruitsandveggiesmorematters.org for more tips and ideas.



Iowa Nutrition Network
PROMOTING HEALTHY LIFESTYLES

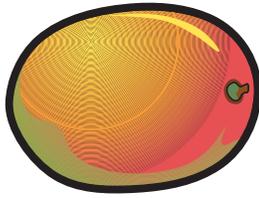
Coming next month...

- Banana
- Potato
- Mushrooms
- Apple

MANGO

Wash. Pit. Eat. How easy is that?

- Take mango out of skin and remove seed. Slice and eat.
- Make mango and cheese kabobs by alternating pieces of fruit and cheese on a pretzel stick or party pick.
- Serve mango slices on vanilla yogurt, cottage cheese or on a piece of toast.



Buying tips: For unripe mangos, choose fruit with green skin and firm to the touch. For ripe fruit, choose fruit with full color of green, yellow, and a little red. The ripe fruit will have a fragrant aroma. Avoid mangos that are extremely soft and bruised.

Special tip: Remove peel and seed. Do not eat.

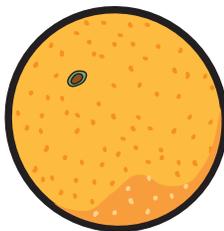
Storing tips: Unripe mangos should be stored at room temperature for 3-5 days. Ripe mangos can be stored in a plastic bag in the refrigerator, away from vegetables, for 3-5 days.

Serving size: ½ cup sliced mango

ORANGE

Wash. Peel. Eat. How easy is that?

- Make orange 'wheels' by slicing oranges and adding a cherry in the center.
- Cut orange in half and squeeze each half into a glass for a fresh glass of orange juice.
- Dip orange 'smiles' in low-fat vanilla yogurt for a creamy snack.



Buying tips: Look for smooth skins, free of soft spots. The fruit should feel firm and heavy.

Special tip: To wash, rinse with cold water. Do not eat skin.

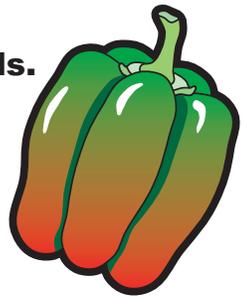
Storing tips: Keep fruit at room temperature; it will for 2 weeks. For longer storage, put fruit in a plastic bag in the refrigerator.

Serving size: ½ cup of sliced orange

PEPPER

Wash. Slice. Scoop out Seeds. Eat. How easy is that?

- Cut peppers into slices and store in a plastic bag in the refrigerator.
- Slice peppers and put on a sandwich with turkey, lettuce, and mustard.
- Put pepper strips on a tortilla. Top with cheese and melt in microwave or oven. Serve with salsa.



Buying tips: Choose firm, smooth peppers that have good color and shape. The skin should not have soft spots or wrinkled skin.

Special tip: Remove stem and seeds. Wash well in cold water.

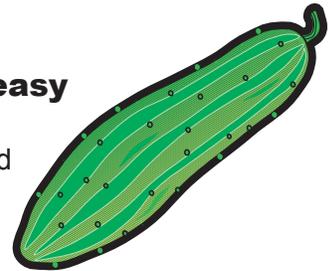
Storing tips: Store in the refrigerator and use within 3-5 days.

Serving size: ½ cup of pepper slices

CUCUMBER

Wash. Slice. Eat. How easy is that?

- Cut cucumber into slices and serve in stacks secured with a party pick stick down the center.
- Make mini cucumber sandwiches by spreading cucumber slices with cream cheese and 'sandwiching' other vegetables between two slices.
- Slice cucumber in half, lengthwise, and scoop out the seeds. Make a 'cucumber boat' by filling it with cottage cheese and add carrot sticks for oars.



Buying tips: Look for firm, green and slender cucumbers that do not have soft spots or wrinkled skin.

Special tip: To wash, rinse in cold water. Eat raw with or without skin.

Storing tips: Cucumbers should be stored in the refrigerator and are best if used within 1 week.

Serving size: ½ cup of sliced cucumber



To maximize your potential, eat 1-2 cups of fruit and 1 ½ -2 ½ cups vegetables daily. Weekly include 1-3 cups dark green vegetables, 1-2 cups orange vegetables, and 1-3 cups legumes.

Visit MyPyramid.gov for more specific serving recommendations based on your calorie needs.



Physical activity... It's everywhere you go.

walk...dance...play...
have fun...
just be active!